

319
Not in
OH Wing
New Wing
A 281
Elizabethan
only
1683

AN ACCOUNT

OF

The Duke's Bagnio,

AND OF

The Duke's Mineral Bath:

AND THE

NEW SPAW

OF

MINERAL DRINKING WATERS.

Near the West-end of *Long-Acre*, on the Left-hand going to *St. Martins-lane*, adjoining to the High White House that's remarkable by reason of the *Dutch Bricks* that appear in its Front, where these Words are written over the Door, in large Golden Letters, *WITHIN THIS PLACE IS THE DUKE'S BAGNIO AND BATH*; is lately erected that Noble Structure the *DUKE'S BAGNIO*: And on the other Side of the Court-yard, there's a convenient Building, in which the *DUKE'S MINERAL BATH* is made; near which, in the same Yard, is fix'd a Conduit or Fountain, bearing the Name of the *NEW SPAW*:

The *BAGNIO* is for Lustre and Beauty, according to the Assertion of al Travelers that have seen it, the finest in *Europe*, if not in the World. 'Tis of an Oval Figure, covered with a large *Cupola*, which is supported by eight Cylindrical Columns on Pillars. 'Tis paved with Black and White Marble, and its Walls are cover'd with White Gally-tyles. It has convenient Rooms for Degrees of Heat, Seats in the Walls, and a Marble Table in the middle. Belonging to it are all necessary Accommodations; viz. A large Dressing-room, with several Boxes, Scales and Weights, Cisterns for Washing in, Beds, Linen, and Servants of al sorts.

The *BATH* is a large Cistern, holding about Twelve Tun of Water. 'Tis built with *Taris* and *Paris* Plaster, covered with White Gally-tyles: There are Steps down into it, and Seats in the Wal, as in the Baths at *Bathe*. Over it hang two Iron Swings, for Weak and Timorous Persons to hold by, and to stretch the Body upon. The Water in it is impregnated with several Mineral Principles, which render it so strong, that some Gentlemen can float upon it without stirring. It hath a Current of fresh Water into it, and a Pipe to carry it off as fast as it comes in. 'Tis kept to a moderate Degree of Heat, such as wil provoke moderate Sweat: 'Tis frequently emptied and cleansed, and any Person may have it fresh that pleaseth. Belonging to it are Rooms for Dressing and Undressing, with Beds, Gowns, Linen, Servants, &c. Six or Eight Persons may Bathe in it at once.

The *NEW SPAW* is a Mineral Water, pure, pleasant, and wholesom, prepared by Art: For the convenience of retaining which, there is a large Stone Fountain or Conduit in the Yard, with an Iron Door; round about it are tal Pallisadoes, &c.

The

The *BAGNIO*, *BATH*, and *SPAW* being thus briefly described, 'twil be necessary to mention something of their Use and Vertues.

The Use of *BAGNIOS* is so well known in several Parts of the World, that they are almost as much frequented as their Churches. 'Twould be tedious to relate, how many Distempers, and what Inconveniencies are thereby prevented, amongst the Inhabitants of those Countries; Experience daily shews it, and Reason evidently confirms it. 'Twould be impertinent here to Philosophise, and tel you how *Perspiration* and *Friction* being improved, exceedingly promote Health, and prevent Distempers: we only tel the Vulgar, It's certainly so; let their Experience disprove us, and we'll beg their Pardon for our Confidence. For, this we certainly declare, from what we know, both from the Dictates of Reason, and the Infallibility of daily Experience, That well-tempered *Bagnios* (as this really is) are of extraordinary Use, not only in preventing several Maladies, and in preserving in the Body a good Constitution; but likewise in curing Colds, Rheumatisms, Pains, Surfeits gotten by immoderate Eating, Drinking, or Motion: They refresh the Body after a wearisom Journey; they render a Man brisk and vigorous; his Joynts are made more nimble, his Limbs more supple: In fine, No one thing can tend more to the promoting of Health, than the frequent Use of *Bagnios*.

No less likewise may the Use of *MINERAL BATHS* be commended. What pleasure do the Inhabitants of most Countries but *Britain* take in Bathing? For Pleasure Nothing can surpass it; for Health and Profit Bathing is not inconsiderable. How pleasant is it to float upon a Water where one cannot sink? to feel ones Skin and Pores penetrated by the wholesome Mineral Particles that glide about in, and fill the interspersed Cavities of those Waters? In the Blood there is hereby excited a more Noble Ferment; the Limbs are strengthned, and the Nerves fortified; the Skin whitened, and a more pleasant Air created in the Face, as hath been taken notice of in some Ladies; an hungry Appetite, and a good Digestion made. This *Bath* is of admirable Use in the *Palsie*, *Numbness*, *Convulsions*, *Cramps*: It gives speedy Ease in Pains of the *Gout*; 'tis useful in the *Scurvie* and *Dropisie*; its removes the Causes of *Barrenness*, and other Indispositions peculiar to Women: It's good for Gross and Corpulent Persons, to ease them of that Burthen which they often complain of. 'Tis a certain Remedy for the *Rickets* in Children. In fine, 'Twas the Opinion of an Eminent Fellow of the College, who about Forty Years ago was about making Public Baths in London, That if the Use of Baths was well known, and if convenient Baths were made for all Persons to Bathe in that had Occasion, 'twould save above a thousand Lives in a Year in this City. This he asserts in his Appeal to the College of Physicians concerning Baths. I shall not mention how many Learned and Ingenious Authors have wrote concerning the Extraordinary Benefits of Bathing.

The *SPAW-WATER* is a *Diuretic-Water*; it works with some Bodies by Stool, but for most part by Urine. It dilutes the Blood, dissolves those Salts that are fixt upon the Nerves: It is very successfully drank in the *Scurvie*, *Yellow Jaundice*, *Stone* and *Strangury*, *Melancholy* and Affects of the Spleen, great Surfeits, Heats, and *Hætics*, an ill Habit of Body, loss of Appetite, Preternatural Vomitings, Pains in the Head and Stomach, Thirst and Bitterness in the Mouth, Obstructions of all sorts, Sharpness of Urine, Difficulty of making Water, Ulcers in the Reins and Bladder, Tumours of the Hemorrhoids, or the Piles, Cholicks, Bloody Flux, Megrim, Giddiness, Bleedings, Affects of the Womb, &c. In fine, These Waters answer the Intentions of *Tunbridge-Waters*, but are far more refined and pure, being separated from all those gross and impure Parts which abound in other Waters. The ordinary Dose is Two Quarts, sometimes Three.

Thus we have given a short Account of these Three Useful Contrivances, which are design'd for Public Good, and have mentioned their Chief Virtues; all which, and some more, have already been experienced by their Use: A further Account, with Discourses on the Manner of their Working these Effects, are at large discovered in a small Treatise, written by Dr. Haworth, entituled, *A Description of the Duke's Bagno and Bath, &c.* Sold by Samuel Smith at the Princes Arms in St. Paul's Church-yard.

The Price of the *Bagnio* is 5 s. 6 d. And the same Price for the *Bath*. The Waters are 6 d. the Quart.

Tuesdays and Frydays are the Days of Reception for Women, the other Days for Men, both in the *Bagnio* and *Bath*. The Waters are delivered every Morning, to all sorts of People.

F I N I S.